

## CLAIMS:

1. An activity monitor comprising:  
a measurement unit including a plurality of motion sensors, operable to  
produce respective sensor signals indicative of motion experienced thereby; and  
a processor for receiving the sensor signals from the measurement unit and  
5 operable to process the signals in accordance with a predetermined method,  
characterised in that the measurement unit has a single output channel and is  
operable to output the sensor signals in turn on the output channel.
2. An activity monitor as claimed in claim 1, wherein the motion sensors are  
10 accelerometers.
3. An activity monitor as claimed in claim 1 or 2, wherein the motion sensors are  
arranged to be mutually orthogonal.
- 15 4. An activity as claimed in claim 2 or 3, wherein the processor is operable to  
sample the output channel of the measurement unit discontinuously in time.
5. An activity monitor as claimed in any one of claims 1 to 4, wherein the  
measurement unit is operable to operate the output channel discontinuously in time during  
20 output of each motion sensor output signal.
6. A method of monitoring activity using a plurality of motion sensors which are  
operable to produce respective sensor signals indicative of motion experienced thereby, the  
method comprising receiving sensor signals and processing the signals in accordance with a  
25 predetermined method, characterized in that the sensor signals are monitored in turn via a  
single channel.
7. A method as claimed in claim 6, wherein the output of the single channel is  
monitored discontinuously in time.

8. A method as claimed in claim 6, wherein the sensor signals are produced discontinuously in time.